

BRANDIS M. RAWLS

SPEAKER

GUIDED MEDITATION EXPERT

Brandis is not a silence in lotus pose type of meditator. She brings mindfulness off the mat to meet her audiences where they are... With over two decades of leadership and wellness expertise, Brandis blends cultural wisdom, real-life language, and raw presence to bring people back to themselves.

Brandis doesn't teach meditation, she guides it using sound, story, and soul. With humor and heart, she makes meditation meaningful in the middle of our beautiful, messy lives.

SIGNATURE TALKS & GUIDED EXPERIENCES:

EVERYBODY WINS WHEN WE MEDITATE

- How meditation practices restore community, clarity, and creativity.

YOU HAVE EVERYTHING YOU NEED

- A guided journey reminding us how to return to our own wisdom.

MEDITATION FOR REAL LIFE

- Forget the lotus pose—this is mindfulness for meetings, motherhood, and meltdowns.

THE CALM CATALYST (CORPORATE EDITION)

- Workplace wellness meets inner stillness: a guided meditation & conversation experience for high-performing teams.

IDEAL AUDIENCES:

- Conferences (Corporate, Wellness, Women's Empowerment, DEI, Education)
- Corporate Retreats & Leadership Summits
- Spiritual Gatherings
- Wellness Festivals
- Community Healing Events
- Podcasts, Panels & Satsangs

FOR BOOKING:
CONTACT@BMORAW.COM
BMORAW.COM



"Brandis didn't just speak—she shifted the energy. We left more grounded, more human, more whole."

"She's the voice I didn't know I needed."

A VOICE OF CALM FOR THE CHAOS OF LIFE